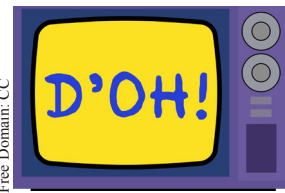


Photo by: K. Trace

Does listening to music while you study help or hurt? Page 2



Free Domain: CC

Cartoons are not just for kids anymore. Page 9

The SunDevil Times

January 29, 2016

1993 SunDevil Drive - Virginia Beach, VA 23464

Volume 26/Issue 2

News Briefs

Show me the scholarship money!

Yasmine Kane
Staff writer

According to The College Board website, the average cost of tuition and fees in 2015 was \$32,405 at private colleges, \$9,410 at public colleges, and \$23,893 at out-of-state public colleges.

When applying for college teens tend to look at academic or sport scholarships. Very few look at the other ways to obtain scholarship money. Essay contests are a great way to bring in scholarship money, but there are even more interesting ways out there. The Prudent Publishing Company is offering \$10,000 for the best greeting card design (Deadline Feb 18). Check out the "I Love Music Foundation's" website for a long list of scholarships.

There are scholarships made for left handers, kids who are creative with duct tape and more. It is just a matter of taking the time to search and apply.

"I got a scholarship for being under a certain height which I had no idea about until my teacher told me," said **senior Miyah Evans**.

So rather than spending years paying off loans, spend a few hours a week filling out scholarship applications and writing essays for contests.

Let it snow, or no?

Sierra Stone
Staff writer

In the past we've made up snow days by adding minutes to the end of the day or coming to school on a Saturday.

"I prefer the extra 20 minutes because I'd rather go to school longer than go on the weekend," said **senior Bailey Adam**.

Senior Tynin Gold disagrees.

"I prefer Saturday because the extra 20 minutes makes school feel much longer," said **Gold**.

According to VBSchools.com the following is the plan for make-up days in 2016:

"The first through fourth inclement weather days will be made up using the following: Feb. 1, Staff Day; April 13, Staff Day; Feb. 15, President's Day; June 20, Staff Day. The fifth through seventh days of school canceled due to weather will not be made up by students, but will be used as unassigned staff days. When school cancellations exceed seven days, the school division will seek first to add minutes to the school day, then use remaining staff days and additional days at the end of the school year."

Tablet vs. Textbook

The debate over technology in the classroom

Jessica Barttels
Managing Editor

McGraw-Hill and Pearson SuccessNet are just two of many online textbooks now used in schools across the country. In this technological age, students with digital textbooks are provided relief from overloaded backpacks and sore shoulders. Online textbooks offer the same textual information as well as many features such as a search bar, hyper-linked glossary, and even interactive study tools, but the decision to go from hard copy to online is not that simple. Debates on the issue are raging in school systems across the country.

Online textbooks have dissolved many problems associated with hard copy books. They provide easier accessibility by being available on any device that can connect to the internet. Along with accessibility, online publications are more portable. No longer will students have to lug around big, heavy school books from class to home and vice versa. Textbooks are now compressed into one site, some with the capabilities of be-

ing available offline.

For **science teacher Ms. Carol Macdonald**, online textbooks provide a convenience factor that hard copies do not, but that doesn't outweigh the benefits of hard copies for her. She added that it might work if both digital and hard copy books were available and students could choose which they would prefer. "There's just something about the way a book feels," **Macdonald** said. She believes her students work better with physical textbooks.

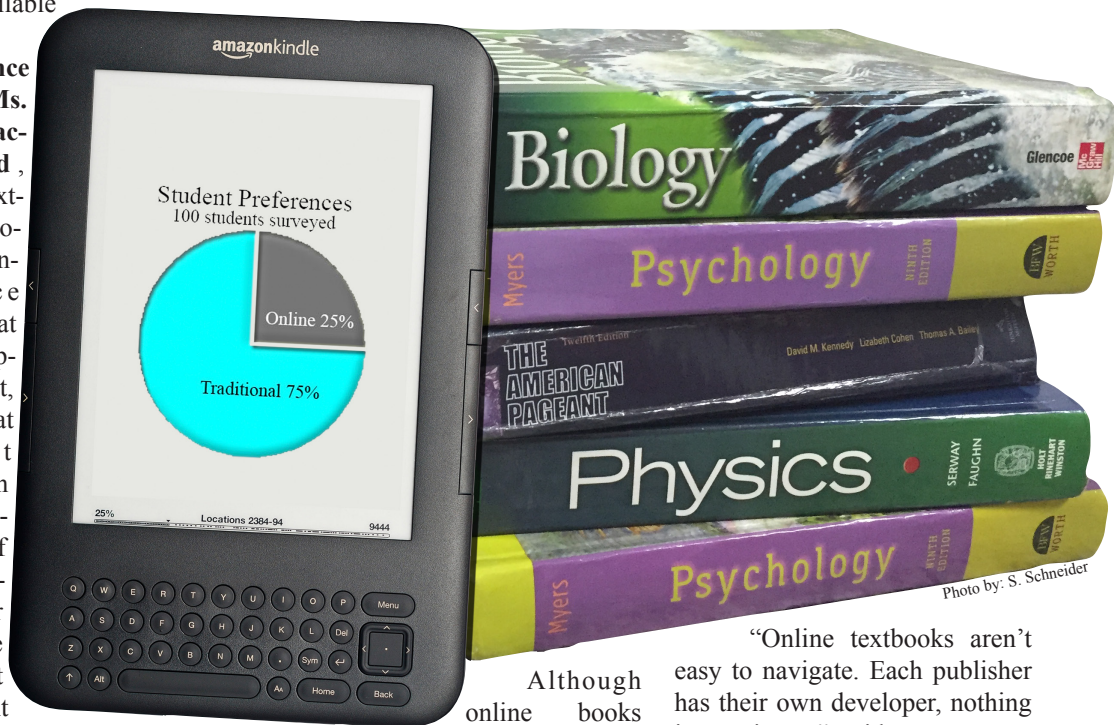


Photo by: S. Schneider

Although online books eliminate complicated transportation and are easily accessible, they also pose problems. Many online textbook sites require book codes, school codes, usernames, and passwords. Students will need to keep track of these in order to access their books.

"Online textbooks aren't easy to navigate. Each publisher has their own developer, nothing is consistent," said **Macdonald**. She believes that a simpler interface, possibly where students could access all their books from one "home page," would be more user friendly.

Online books offer the benefit, though, of being instantly...

Continued on pg 3

Internet Addiction Disorder

When online life takes priority over real life

Trenton Ward
Co-Design Editor



Photo by: K. Trace

As technology has advanced in recent years, the day-to-day life of the average person has become increasingly influenced by electronics such as computers and smart phones. This has improved the quality of life for most, but also poses a new threat that could give rise to numerous problems if left unchecked.

This mysterious danger is commonly referred to as Internet Addiction Disorder (IAD) and is described by The Center for Internet Addiction as "any online-related, compulsive behavior which interferes with normal living and causes severe stress on family, friends, loved ones, and one's work environment."

Junior Josh Lind-

sey said he knows about Internet addiction, but he "doesn't believe it is a large problem."

Although this addiction is not connected to more dangerous addictions like drugs or alcohol, The Center for Internet Addiction states that "one in eight Americans suffer from problematic Internet use." This shows that this unique affliction is not simply a few particular cases, but a problem that has far reaching effects.

"I am familiar with internet addiction, but I don't think I'm an addict though I use the Internet a lot," said **junior Tyler Ward**.

The main cause of the development of IAD is very similar to that of other addictions. The person creates a relationship with something, in this case the Inter-

net, that takes precedence over all other relationships. It creates a sort of "high" that makes it a struggle to separate oneself from the Internet and eventually leads to a downward spiral of addiction.

Teens today are so used to being connected and spending large amounts of their day in front of varying screens that they may not even recognize addiction in themselves or others.

It is hard to detect when a person has IAD because the signal for it is not how much time a person spends on the internet, but how that time spent impacts a person's life. A person can spend hours online and not suffer from IAD.

HelpGuide.org says that the signs of the disorder are:

Continued on pg 3

CALENDAR

JANUARY
18 No School
Martin Luther King Jr. Day

29
Grading Period 2 Ends

FEBRUARY
8 Report cards administered

10
Black History Month Assemblies

14
Valentine's Day

23
8am Career Fair

Word on the STREET

What are your 2016 New Year resolutions?

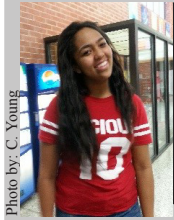


Photo by: C. Young

"My New Year's Resolution is to start eating healthier."
- sophomore Jasmine Elder



Photo by: C. Young

"My New Year's Resolution is to be better every year. If I don't make it then I continue to try to improve."
-Mrs. Maria Apape

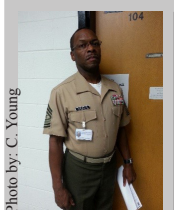


Photo by: C. Young

"I try to live everyday as if it's one those days that you would focus on for a resolution."
-Sargeant Major T. Robinson

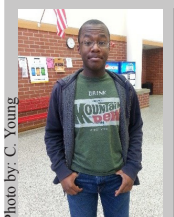


Photo by: C. Young

"My New Year's Resolution is to eat healthier and work out daily."
- sophomore Marcus Twyman

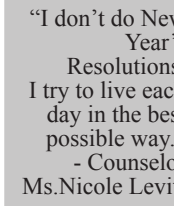


Photo by: T. Robinson

"I don't do New Year's Resolutions. I try to live each day in the best possible way."
- Counselor Ms. Nicole Levitt

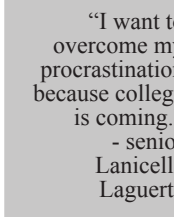


Photo by: C. Young

"I want to overcome my procrastination because college is coming."
- senior Lanicelle Laguerta

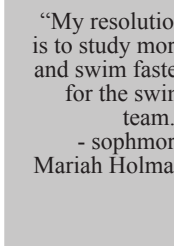


Photo by: C. Young

"My resolution is to study more and swim faster for the swim team."
- sophomore Mariah Holman

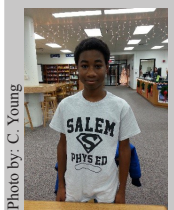


Photo by: C. Young

"My resolution is to start making better grades and to pay more attention in class."
- freshman Elon Sanders

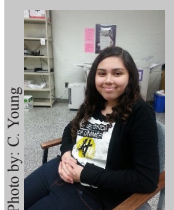


Photo by: C. Young

"My New Year's Resolution is to do my homework on time and to stop procrastinating."
- senior Cassey Zendarski



Photo by: C. Young

"My resolution is to do better things and try to keep up with my schoolwork."
- freshman Cori Riddie

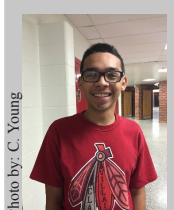


Photo by: C. Young

"My New Year's resolution is to make better friends and to save more money."
- senior Jeremy Fernandez

Music and learning

Debate over music in classrooms is inconclusive

Sarah Farkas
Staff writer

Many students listen to music while studying, but have no idea the effect that music and sound have on their cognitive memory. Countless studies have been conducted to investigate how listening to music while studying, working on schoolwork, or testing influences learning and performance.

Ever since 1993 when the science magazine, *Nature*, published an article claiming that listening to Mozart temporarily improved some skills, the debate over music in the classroom has raged.

More recent studies have shown mixed results. The largest and most recent study, published in 2010 by the University of Wales showed the effects of five different kinds of study environments on students.

The results showed that listening to music, regardless of if it was teacher selected or student selected, negatively affected test scores. The study demonstrated that listening to a steady sound, such as one or two words on repeat, or no sound at all had a better impact on students' grades than music or sounds that change in pace or rhythm.

Many teachers allow students to listen to music while working, particularly during study block or while working on independent assignments.

"If you have A's, B's, and C's, you have the privilege of listening to music during study hall," said **English teacher Ms. Kim Baker**.

Baker says that she allows students to listen to music of their own choice, trusting them to know if it will help or not.

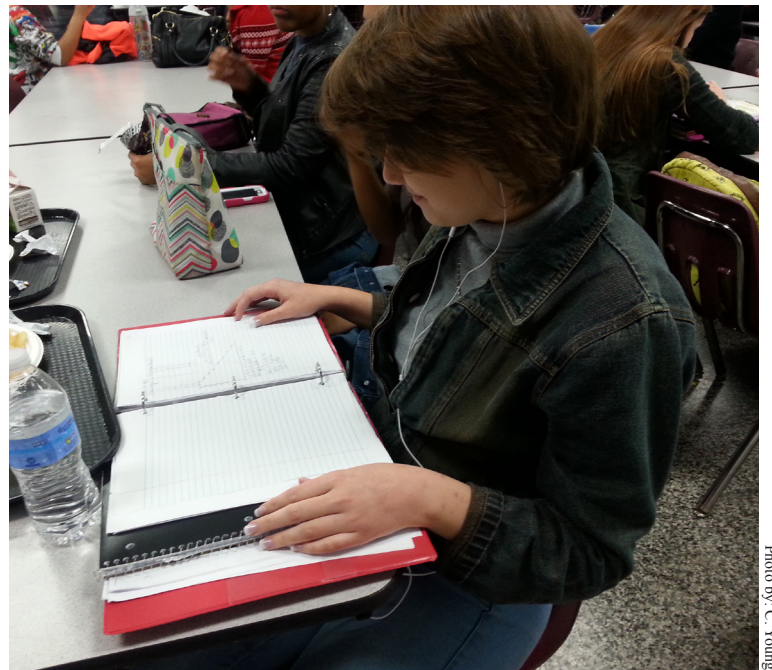
Some teachers even play music at the beginning of class.

Biology teacher, and Teacher of the Year, Ms. Cindy Kube, plays music because she believes it gets the students excited about learning.

"It can wake up your brain, so to speak. It creates an energizing environment," said **Kube**.

Kube likes to play music that correlates to the theme of her lesson and likes making music a part of class activities. She says that during study block, she allows students to listen to music as long as it is not too loud.

Some teachers play music aloud to the entire class to delineate time. For example, when the music stops, the time for the activity is over. Other teachers allow students to use their own devices while they are working independently on an assignment.



Before a test, senior **Sophia Smith** takes a few minutes to review her notes. She often listens to music while she studies. "It helps me focus while I'm studying," said **Smith**.

work faster.

Senior Chandler Deardorf expressed the exact opposite. **Deardorf** said that it takes him more time to study or do homework when he listens to music.

So it seems the jury is still out. Perhaps it depends on the type of music or the type of learner listening to it. For now, it is up to teachers and students to determine if and when music is helpful in the classroom.

"It's up to the teacher to understand when the music distracts from learning," said **Kube**.

Many students say that music actually helps them study, while others say it is just a distraction.

"I listen to music mostly when I'm bored or when I want to get my homework done," said **sophomore Jenn Bowen**. She added that music actually helps her

Pulling the plug on cyberbullying

Effects of cyberbullying go far beyond words on a screen

Breanna Peltier
Staff writer

Cyberbullying can happen in many ways:

- Using social media to post cruel things that could ruin a person's reputation
- Pretending to be someone or using someone's information
- Spreading untrue rumors about the person
- Sending rude messages or threats via text message or social media

According to CNN, teenagers spend an average of nine hours a day "consuming" some type of media. Social media sites like Facebook and Twitter are usurping more and more of that time. Due to the increase in social media usage, cyberbullying is bound to increase as well.

"I believe that cyber bullying is growing," said **senior Kelsey Clevinger**.

According to the i-SAFE foundation, one out of three teens have experienced cyberbullying and more than half of the people who get bullied online do not tell a parent or guardian. The Cyberbullying Research Center states that boys are more likely to get bullied and the person doing the

bullying is usually someone they know, not a stranger.

Cyberbullying can lead to anxiety, depression, and other serious issues which, in extreme cases, can even result in suicide.

People fail to realize that once they put something out on the web it's out there forever even if they think it has been deleted. Although there is no specific cyberbullying law yet, students who bully other students to the point of harassment can get brought up on legal charges. There are many ways schools and law enforcement agents can track cyberbullies. In some severe cases, officers even use fake names or profiles to interact with bullies or threatening individuals online.

"I've been catfished," said **sophomore Alyssa Pacifico**. "He said that he was someone; then I saw him in person and he was someone else."

Teens can limit bullying by telling a trustworthy adult about their sit-



uation. They can block or report the person so unwanted messages don't come through. In simple cases, eliminating the person online can eliminate the problem. Do not share personal information like

addresses and phone numbers online. Don't assume people are who they say they are either. If a student is being bullied, they should keep messages or threats as proof in case the issue needs to be addressed by school administration or police.

CAT-astrophe

Copen required surgery after being bitten by cat

Tinesha Johnson
Staff writer

English teacher Mrs. Marie Finnegan-Copen added a new puppy to her family in August. She, husband, and her two sons, already had a cat named Misha, an orange Maine Coon. Around 7:00 in the evening on Sunday, October 11, Copen saw the puppy begin to attack the cat.

What events led to your cat biting your hand?

"I picked him up to 'save' him [from the dog], and that was when he went haywire. He bit my hands between eight and ten times and there were a few minor scratches. It hurt a lot, but I didn't think much of it. I banded my hands and went on with my evening."

When did you go to the hospital?

"I actually had my mom take me to the ER at Naval Medical Center Portsmouth at around six the next morning. They gave me IV antibiotics, x-rayed my hands to be sure there weren't any kitty teeth in my bones, gave me pain meds, and sent me home. They told me to come back the next day to have the wounds checked again because infection can happen very quickly and progress rampantly.

I did. The next day, my thumb was so swollen they performed a procedure to relieve swelling and infection and admitted me to the hospital for four days. After I was discharged, I was instructed to maintain a strict regimen of antibiotics and begin occupa-



Prior to the CATastrophe, English Teacher Marie Finnegan-Copen and son Finn pose at the pet shop right after adopting Misha. The injuries resulting from the cat bite necessitated four hospital procedures. "I was awake for three of them—they were local anesthesia, so I actually got to watch what they did," said Copen.

tional therapy. I followed all of these directions to the letter. My check-up went well, but when I reported for occupational therapy, the therapist said she didn't like how my finger looked and sent me back to my doctor. In the end, they decided to perform the same procedure on that finger again to remove infection and swelling. I spent another three days in the hospital after that. On the next follow-up, the doctor determined he needed to do the more serious procedure and open my finger more deeply which meant another two days in the hospital."

Will there be any long term effects?

"I have nerve damage in both of my hands that will heal, but will take time. The occupational therapy is helping me regain the use

of my right ring finger."

How is your relationship with your cat now?

"We did keep the cat. It wasn't really his fault. I shouldn't have picked him up; I should have let the animals work it out. He's not an aggressive cat; in fact, he's quite the opposite. It really was an isolated incident where the cat was scared and had no idea what was happening. Although Misha does not like the dog (Hurley) in his space, the relationship between the cat and dog is better these days. Misha is as loving and cuddly as always to me."

Did you miss working while you were out?

"I missed work like crazy. I missed all the people at Salem, especially my students."

Morning meal

Are we ignoring the "most important meal of the day?"

Breanna Peltier
Staff writer

Breakfast is often considered the most important meal of the day. According to The National Institute of Health, eating breakfast can help improve test, quiz, and classwork grades. Eating breakfast also correlates with a decreased rate of tardiness and absences, but a large percentage of students fail to eat breakfast for numerous reasons.

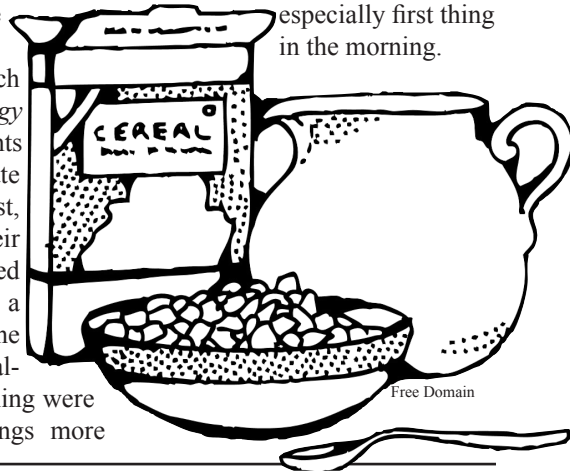
"I don't often eat breakfast," said junior Ashley Peterson. "I rarely have the time to. When I go without it, it makes me feel sluggish."

According to research published in *Psychology and Behavior*, students who didn't eat, or ate an unhealthy breakfast, couldn't maintain their focus as much, compared to the students who ate a nutritious breakfast. The students who do eat a balanced meal in the morning were able to remember things more

clearly and felt more energetic.

A survey by Kellogg's found that more than 54% of Americans would like to eat breakfast every day, but only 34% actually do.

Skipping meals also makes it harder for students to maintain their weight. Skipping breakfast can actually cause weight gain because, by the time the student gets the opportunity to eat they tend to over eat because of the voracious appetite that has built up throughout the day. Students are in the process of growing and desperately need good nutrition especially first thing in the morning.



Tablet vs. Textbook

continued from pg 1

...updatable. Science and government in particular are always changing and online textbooks can be updated by the minute. Hard copy textbooks may not be updated for years making their content obsolete. Additionally, online books provide graphics and interactive activities for students to help them learn the material. However, many of these programs require other computer systems such as Adobe Flash Player. In cases of WiFi crashes or lack of internet access, it defeats the purpose of a more "easily accessible" textbook.

"We tend to assume that everyone has technology" said History Teacher Mr. Tabb Pearson.

"However that's not always the case."

Pearson believes that it would be nice to have both options, online and hard copy. Senior Jeremiah Estanislao agrees with Pearson.

"Online textbooks should be optional," said Estanislao. "You should be able to choose which type of book you want. For certain classes I prefer different types."

Personal preference seems to vary at this point often in relation to what type of class the book would be used in and access to the internet. Online textbooks will continue to improve and are likely the wave of the future.

Test Drive OneDrive

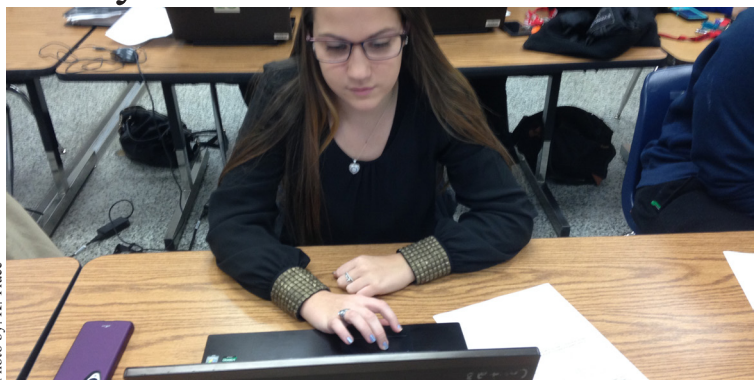
OneDrive offers new ways to save and share documents

Bradley Ward
Staff writer

OneDrive is an application on Office 365 used to create documents that are saved online and can be accessed on anything from a desktop computer to a smart phone. The OneDrive online support page defines the program as "a personal library intended for storing and organizing your work documents." The school provides access and one terabyte of storage space on OneDrive for Business to all students. To put that in perspective, one terabyte holds the equivalent of 310,000 pictures or 17,000 hours of music, so it should be plenty of space to store essays, PowerPoints, and even multimedia video projects for all four years of high school.

"I love OneDrive," said senior Cassey Zendarski, who uses OneDrive and OneNote in her English class. "I use OneDrive for keeping my club documents in order, I prefer it over any other way. I like that I can edit my paper anywhere while I'm on OneNote, but sometimes it can be a bit slow."

A feature of the One Drive software that a number of classes



During Dual Enrollment English, senior Amanda Stamenkovitch uploads research to her One Note folder. "I like using One Note because it helps me keep all my drafts and research organized and I can find them easily," said Stamenkovitch.

have been experimenting with is OneNote. OneNote is a digital binder or notebook where students can take notes, post pictures, and share files.

Almost anything that is done on Word can be done on OneNote. The software allows teachers to create a "notebook" for each class and then "invite" the students in that class to "join" the notebook. Once a student joins, they have access to a private area in which they can post documents only they and the teacher can see and a public "collaboration space" where they can post documents the whole class can see. In the collaboration space, students

can highlight, write on, and type comments on their peer's papers to give feedback.

The software for OneDrive and OneNote is provided free for students by the school and can be accessed by going to the Office 365 tab on the Internet Explorer home page. Students are allowed to download OneDrive and the entire Office Suite (including Word, PowerPoint, Excel) for free on up to six devices.

"I downloaded the Office Suite including One Drive at home. It helps with keeping organized. I use it for Dual Enrollment and I've found it really easy to use," said senior Andrew Crandall.

Internet Addiction

continued from pg 1

...losing track of time online, having trouble completing tasks at work or home, isolation from family and friends, feeling guilty or defensive about Internet use, and feeling a sense of euphoria while involved in Internet activities. Although these are not clear-cut signs of having the disorder, as every case is different, a person who has one or more may need to think about the possibility of adjusting their use of the Internet.

There are multiple factors that put individuals at risk for acquiring IAD including emotional problems such as depression, mood disorders, social disorders, and anxiety disorders that lead to using the Internet as an escape from reality. People who have problems with relationships are more likely to develop internet

addiction as it can make them feel connected to others, even if it is a random person on the Internet.

The treatment for this disorder, unlike its source, is very similar those of other addictions. It involves family counseling, support groups, and educational workshops for addicts and their families to help them understand the reasons behind it and how to use the Internet in a more constructive and moderate way.

Overall, the Internet is a double edged sword, capable of making life better, while also able to cause massive damage to those who use it irresponsibly. Anyone concerned that they might be suffering from internet addiction can seek help in guidance, or ironically, online. There are multitudes of websites including helpguide.org and psychguides.com that provide more insight and resources for getting help.

So much STRESS

The pressures of high school can cause differing levels of anxiety. What is normal and what is not? Plus coping strategies.

Madeline Hemphill
Co-Editor in Chief

According to the Anxiety and Depression Association of America, "About 80% of people report" that they "experience daily stress." Teens play a major factor in this number.

School demands, low self-esteem, frustration, family and friendship troubles, and persistent pressures can spur on anxiety in teenagers.

"In general, people are stressed from either attempting to balance a healthy social life with the pressure to do well in school and still figure out who they are, or it is pressure from teachers to focus on one specific class and not encouraging us to attempt to succeed in all of our classes, not just the one," said **sophomore Clayton Pettitt**.

Researchers have concluded that teenagers experience more stress reactions as a result of the way their brain chemistry works. In teen brains, fear responses are processed in the hippocampus and the right amygdala which are developed early in life. Adults, however, have more activity in the prefrontal areas of the brain. These prefrontal areas develop later in life and are associated with logic and reason.

As a remedy to stress, most sources like the National Institute of Mental Health list options such as yoga or deep breaths. However, there is no 'normal' way that people relieve their stress.

"I call one of my best friends to talk," said **senior Megan Joseph**. "Accountability is important. Depending on the situation, sometimes I just sleep, but honestly, I always pray first. God comforts me when I look to him."

Anxiety can be associated with racing thoughts, fatigue, constant feelings of stress, irritability, and a racing heartbeat. While there is not a cure that is consistent among all individuals, there are some suggestions that have been proven to reduce the effects of anxiety.

Typical, non-clinical, anxiety often improves with an increase in exercise and improved sleep. Also, consider yoga. Most websites that offer options for treatment suggest that yoga and meditation could be the answer to mild and moderate anxiety. So when in doubt, spread out your yoga mat, put on some leg warmers, and breathe deeply.

A mild level of anxiety is normal for all human beings, but extreme levels of anxiety for an extended period of time is not. If you or someone you know has had persistent and debilitating anxiety seek help from a medical professional.

Seasonal Affective Disorder

Feeling down during the winter can be more than just the blues

Elizabeth Sanmarco
Co-Design Editor

It's that time of year again; time for bare trees, cold weather, and puffy jackets. With all the fun that comes along with crisp winter breezes and holidays away from school, winter also brings Seasonal Affective Disorder (SAD).

SAD is a mood disorder characterized by depression that occurs at the same time every year. SAD usually shows up around the winter holidays and is often mistaken for the "Winter Blues." The reduced level of sunlight in the fall and winter months, along with an unexpected seasonal drop of serotonin (a mood stabilizing hormone in a person's brain) may cause the onset of Seasonal Affective Disorder. Decreases in sunlight can disrupt the body's internal clock and lead to feelings of depression and hopelessness.

Women, people who live far from the equator, and people with a genetic predisposition to SAD are more likely to experience it. Here in Virginia, the prevalence of SAD is much lower than in states father north where it is colder and darker for longer stretches of the year.

Common symptoms of SAD are: irritability, tiredness, low energy, hypersensitivity, heavy

feelings in limbs, oversleeping, appetite changes, and weight loss/gain.

Though these thoughts of hopelessness and melancholy can be overwhelming, there are simple ways to help feel better.

Light therapy is a very common treatment for SAD. Light therapy simply requires a certain kind of bulb that simulates outside sunlight and replenishes vitamin D.

Seeing a counselor or a therapist is also effective treatment. Counselors and therapists teach sufferers how to cope with the symptoms and manage stress.

Yoga, meditation, and massages are also effective calming exercises that boost esteem and mood improving hormones. In extreme cases medication may be also necessary.

Remember that there are hotlines to call in an emergency, but the first people to turn to are parents or school counselors:

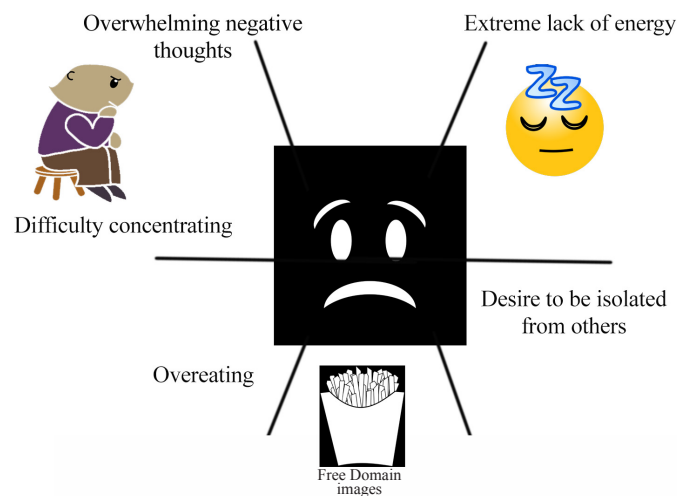
-National Suicide Prevention Lifeline: 800-273-8255/800-SUICIDE (784-2433)

-Suicide Prevention Services of America: 630-482-9696

-Crisis Call Center: 800-273-8255 or text ANSWER to 839863

-Thursday's Child National Youth Advocacy Line: 800-872-5437.

Symptoms of SAD



QUIZ

- yes no **I have little to no interest in the things I used to enjoy**
- yes no **I have felt down, depressed, or hopeless**
- yes no **I have trouble falling or staying asleep**
- yes no **I sleep too much**
- yes no **I feel tired with no energy**
- yes no **I have a poor appetite or am eating too much**
- yes no **I feel like a failure**
- yes no **I can't concentrate on school, conversations, or TV**
- yes no **I mumble to the point that no one understands me**
- yes no **I am fidgety and distracted**

If you answered "Yes" to most of these questions you might be experiencing SAD, or depression.

The quiz is for entertainment purposes only and is not a diagnosis. Anyone who believes they are suffering from SAD should seek professional attention.

An Apple a day keeps teens entertained

New iPhone takes second place in race for best smart phone

Kendall Farnsworth
Co-Editor in Chief

Steve Jobs presented the first generation iPhone to the public in January of 2007. Fast forward six generations of iPhones later and Apple has introduced the iPhone 6s and iPhone 6s Plus.

On September 9, Apple dropped their new iPhones, the iPhone 6s and 6s Plus. The new phone underwent a multitude of changes which are best summed up by the catchy slogan on the Apple website: "The Only thing that's changed is everything."

The new iPhone has many new features including 3D touch, a 12-megapixel camera, and a 64 A9 chip. Not only does it offer new features, the design has changed as well.

The new design features include a 5.5 inch phone for the 6s Plus,

and 4.7 inches for the iPhone 6s. It also is available rose gold. The iPhone 6 introduced the rose gold color as an option when it released in September 2014. The new iPhone 6 offers all four options: space gray, silver, gold, and rose gold.

Customers have been flocking to the new technology and making the switch from android to Apple, but one of the main concerns of this switch is that people end up losing all their info.

"I wish that the iPhone was more adaptable to the android phone," said **junior Kereni Sanchez-Maceira**. "I think it should also be easier to use other devices with the iPhone, like if you have an iPhone you can only print things from an Apple computer, and an Apple printer."

Apple has not yet addressed the



compatibility issues, but people seem to be excited for the 6s and 6s Plus regardless.

According to techradar.com the

iPhone 6s the second most popular phone following only behind the Samsung Galaxy s6. There is already talk about releasing the iPhone 7 later in 2016.

Don't break into a cold sweat: be prepared

Tips for getting through a wicked winter season

Indoor preparation

- ✔ Ensure supplies are updated
- ✔ Stock up on bottled water
- ✔ Have a safety kit that consists of: a flash light, extra batteries, non-perishable food (try to stay away from refrigerated foods just in case electricity goes out), wet wipes, matches, candles.

- ✔ Have a battery powered radio. Radios are important because they keep you updated on what's going on outside of your house if the cable and internet is out.
- ✔ Warm blankets and clothes are essential.
- ✔ Always be sure to blow out candles and fully extinguish fires in the fireplace before bed.

Outdoor preparation

- ✔ Wear gloves/mittens, hats, warm socks, and sturdy, snow appropriate shoes.
- ✔ Use magnesium chloride, a type of salt that is ecofriendly, or another pet friendly alternative to get rid of ice and snow on sidewalks or driveways.
- ✔ Try to minimize travel.

- ✔ Get as much snow off your vehicle as possible before you get behind the wheel.
- ✔ Heat your car up and make sure everything is in proper order before venturing out on the road.
- ✔ Drive with extra caution and leave more space than usual between your car and the vehicle ahead of you.

-Tips by Sierra Stone, Staff Writer

Go break a leg!

International Thespian Society celebrates theatre

Jessica Barttels
Managing Editor

Theatre is just one of the five strands in the visual performing arts academy; however, fine arts classes for theatre are provided for students outside of the academy as well. The International Thespian Society (ITS) is an organization that blends the theatre strand, fine arts, and any student interested in theatre to celebrate and recognize student achievement through service and production. Established in 1929, this national, time-withstanding club honors students who dedicate themselves to theatre and production.

"ITS works for the integration of all students interested in theatre in order to unite the community," said **Vice President, senior, Virginia Faust**.

Any student who is interested has the opportunity to come out and help the organization. Extra hands are welcomed.

"This year, ITS is becoming our top priority and becoming more active," said **Faust**.

Individuals can become members by earning ten induction points, or about ten hours of work in theatre. Graduating students will receive a seal on their diplomas and members have opportunities to rank between seven levels of thespians.

"There are many ways to get



Photo by: J. Davis

At the first meeting of the school year the International Thespian Society went over plans and fundraising opportunities. They also talked about and prepared to teach theatre classes at local middle schools. "I taught movement," said **senior Joe Pazmino**. "Movement in theatre is a collaboration effort between the group with very little dialogue. You use your body to develop characters through physicality and well thought out movement. I loved teaching the class. It was amazing!"

involved in theatre other than acting," said **Adviser Mrs. Christa Vogt**.

Technical students help with a variety of aspects such as ushering and lighting. The club also welcomes individuals to join set crew.

ITS participated in the Middle School Theatre Conference hosted at Kellam High School on December 12th, which held various workshops to shed light on high school theatre to middle school students. In the coming months, ITS will be donating and distrib-

uting coats, scarves, and hats to the homeless in Virginia Beach.

Plans of a Murder Mystery Dinner are also in the works between AVID, Catering, and ITS which will be open to teachers, parents and students. This dinner will serve as a fundraiser where the public can donate to the club.

"I personally love ITS because it is a club where actors who are serious about theatre come together and do great things," said **senior David Salazar**. "It feels good getting to talk to others who share the same interest as me."

Senioritis

The countdown begins



Photo by: A. Jackson

During lunch on December 22nd, the second to last day before Winter Break **senior Armana Jimenez** was at the end of her rope. "It's sad how hard senioritis hits, especially right before breaks" said **Jimenez**.

Audri Jackson
Staff writer

With college applications submitted, and early acceptance letters in the mail, many seniors feel the effect of Senioritis.

Some seniors are already struggling to keep on top of school work. **Senior Calvin Doss** joked that his senioritis began "the day I came out the womb." **Doss** was finishing up his applications in late December. Unlike **Doss**, **Senior Meredith Holt** applied early and has already heard back.

"I want to stay motivated, but it's really hard right now," said **Holt**.

Even though **senior Ahriyon English** has already been accepted into East Carolina University, she says wants to end the year strong.

"I have everything in control right now, but when Spring

comes, I feel like I'm going to get lazy," said **English**.

Senioritis seems to hit the graduating class like a wave. Some are unmoved, while others are swept away.

"I'm definitely fighting, but I can feel it," said **senior Alexis Nacman**.

According to FastWeb.com there are ways to avoid senioritis. They include: staying consciously focused on tasks at hand, remaining organized, and keeping the end goal in mind. Most importantly, don't forget that colleges can change their minds; a slip up can result in a loss of scholarships or even revoking acceptance in extreme cases.

Graduation is only about 20 weeks away, but seniors still have Prom, Senior cruise, Senior day, and Gradfest to look forward to before the big day. Just five more months, enjoy them!

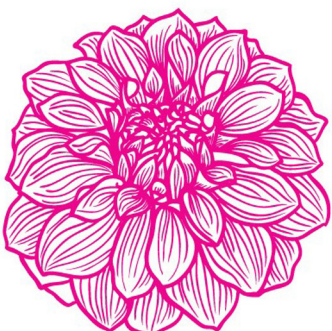
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Fleeting memories: A timeline of major events from 2015

Kiersten Quick
Op/Ed Editor

June 1 - Bruce Jenner introduced herself as Caitlyn Jenner by posing on the cover of *Vanity Fair*. Caitlyn said being on the cover was a huge accomplishment. Jenner told ET that the it wasn't "about the fanfare," or "people cheering in the stadium." She said that the photo "shoot was about [her] life, and who [she] is as a person."

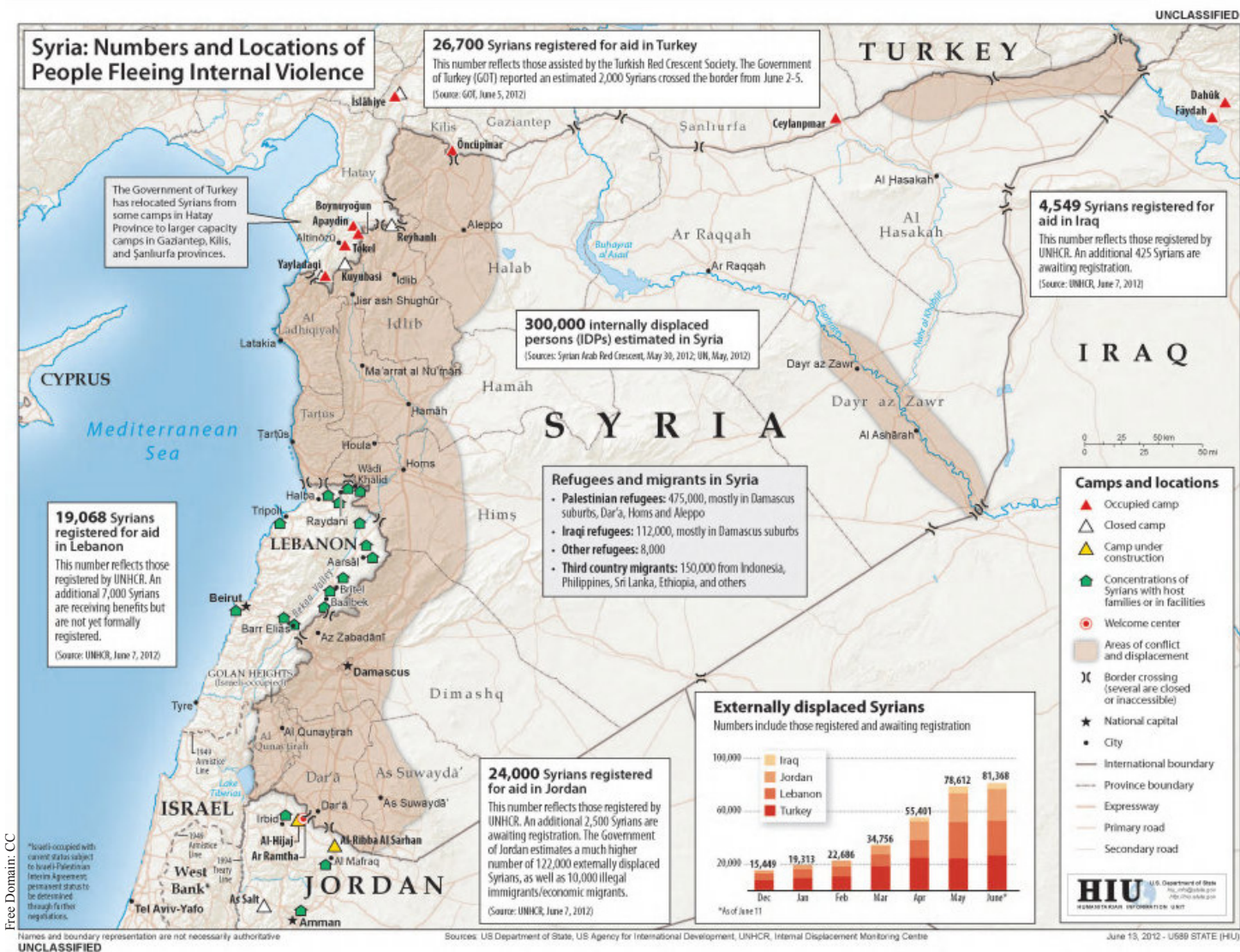


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July, 2
"After five incredible y... Direction. Niall, Harry, piece and look forward tour and recording thei year." Zayn Malik apol am leaving because I w able to relax and have s

Year round- There has been a crisis involving hundreds of thousands of people fleeing from violence in the Middle East, specifically Syria. In hopes of finally living in peace, the refugees have sought asylum in Turkey, Lebanon, Egypt and Jordan. Some have even migrated to Europe and the United States. In September, Pope Francis urged Europeans who are to help take in refugees. President Barak Obama said in November that he is prepared to take in around 10,000 refugees this year.



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June 26- The Suprem...
Gay and lesbian couples already had the ri...
have the right to issue marriage licenses to



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1- According to *Time Magazine*, Zayn Malik decided to leave One Direction and Liam and Louis will continue as a four-piece band for the forthcoming concerts of their world tour. Zayn's fifth album, due to be released later this year, was announced to fans but told the magazine, "I want to be a normal 22-year-old who is able to have some private time out of the spotlight."

Nov 24 -

Five people were shot in Minneapolis, where Black Lives Matter and other groups had been gathering for more than a week demanding action after the death of Jamar Clark.

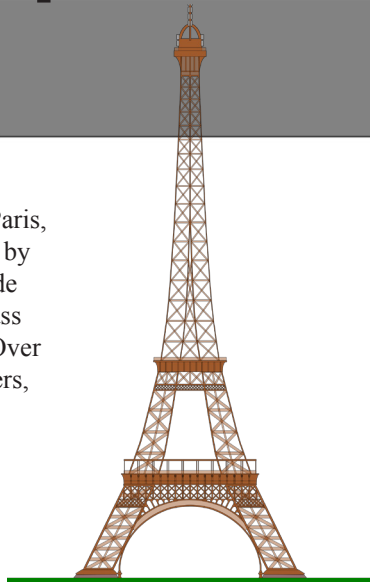


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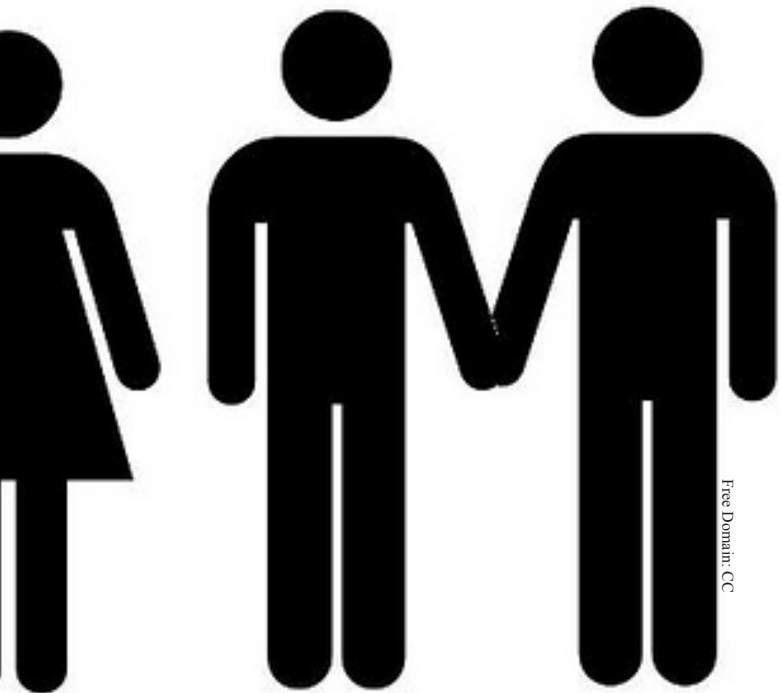


November 13 -

In Paris, capital of France, a series of terrorist attacks coordinated by ISIS occurred. Three suicide bombers struck near the Stade de France in Saint-Denis. Later, more suicide bombings and mass shootings at cafés, restaurants, and music venues occurred. Over the course of the night, 130 people were killed by the attackers, 350 people were wounded, and seven of the attackers died.

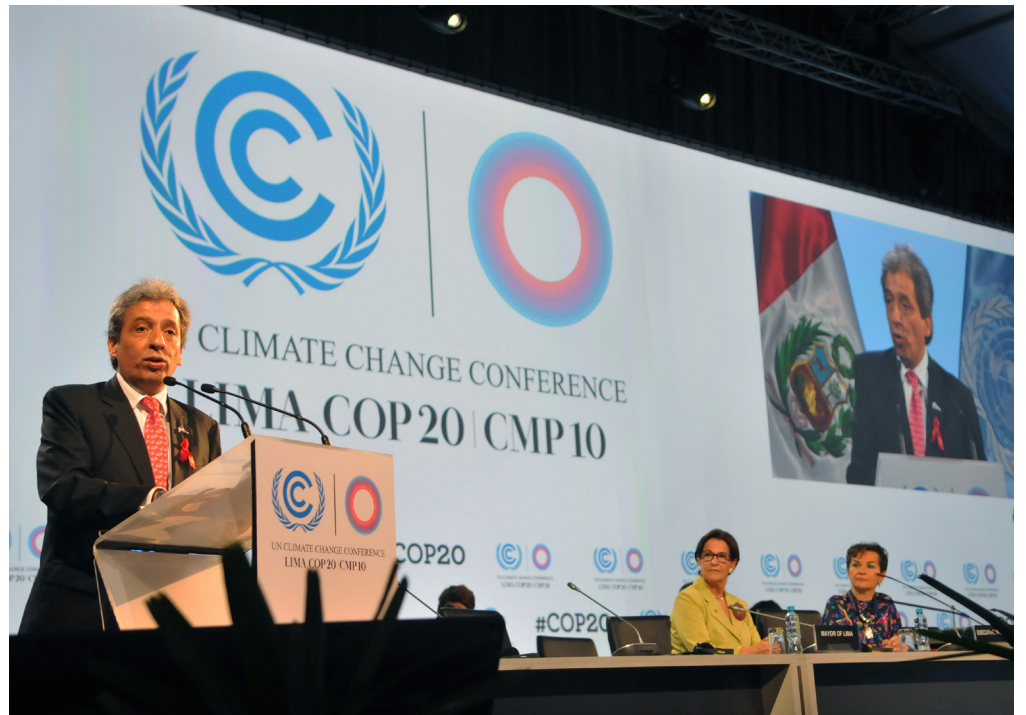


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The Supreme Court ruled that same sex couples now have the right to marry nationwide. The right to marry in 36 states and now with the 5-4 ruling, the remaining 14 states must allow same-sex couples and to allow the marriages to be performed.



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December 12 -

Over 200 countries reach the very first global climate "pact" at environmental summit in Paris. In the pact, the countries agreed to lower greenhouse emissions in order to decrease global warming. Ben Strauss, a researcher at Climate Central, told the *Washington Times* that "limiting warming to 1.5 degrees instead of 2 degrees could potentially cut in half the projected 280 million people whose houses will eventually be submerged by rising seas."

ASK Missy

Missy Bolton
Staff writer

Q: My parents are very strict, I get yelled at for getting “bad grades.” My parents think that B’s are bad grades, but if my brother gets a B they are proud of him. It’s not fair, I’m just not good in school!

How do I get through to my parents that it’s okay to have a B in a class?

A: If your parent’s don’t understand, then you could try to sit down and have a talk with them. Explain calmly and logically how you feel. Try to express that you don’t think it’s fair that they treat you differently from your brother without being accusatory.

“I” phrases can be much more powerful than “you” phrases. For example, “I feel like it’s not fair” might go over better than, “you aren’t treating me fairly.” “You” phrases tend to put people on the defensive which is not helpful if you are trying to have a mature, calm conversation.

If you aren’t working to your potential then they might be pushing you to do your best, but if the pressure is really upsetting you then you need to talk to them about pushing too hard.

Cosplay: more than dressing up

More and more teens experiment with Cosplay

Becka Hardiman
Copy Editor



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Cosplaying is a hobby that millions of people enjoy which may seem a little weird to those who are not familiar with it. People dress up in costumes that most would only expect to see worn during Halloween. The most common event to dress up for is a convention.

Although dressing up as fictional characters may be unusual, it can be an important and fun part of life for those who participate in it.

“I connect to characters easily,” said senior **Kelsey Clevinger**. “I love being able to create and bring these characters to life. It’s amazing what it can do for your confidence too. I’m much more open and social when I cosplay.”

Cosplaying builds friendships that can become like family. Special bonds are formed when cosplayers meet people with similar interests and are able to spend quality time with them. People get excited when they see someone dressed as their favorite character, especially if that character isn’t necessarily popular. It might seem unconventional, going out in public dressed up like a fictional character, but it connects people.

“It’s fun to dress up in cool clothing in a place where it’s acceptable, especially in clothes I think are rad,” said **sophomore**

Cecilia Ward. “It’s nice to be in a place where you know you’ll be accepted for your interests. I really like the atmosphere of conventions.”

As fun as cosplaying can be, it involves hard work, time, and money.

“I spend hours searching on the internet for just the right shirt or accessory, making sure things fit right, fixing anything I may need to make, and wig styling. It’s time consuming,” said **Clevinger**. “And it’s expensive. Especially if you buy your cosplay outfit versus hand making it. It can cost you up to \$500 to commission a piece. Luckily, I’ve been able to stay on the relatively inexpensive side. My most expensive cosplay was maybe \$180.”

While some do buy their complete cosplay outfits, others prefer to hand-make theirs or buy certain pieces individually.

“It can get expensive because of the fabric,” said **Ward**. “Everything together can get really pricey, but it depends on the cosplay. Some can be as cheap as \$70 while others could get up to \$300.”

Cosplay can be expensive and it’s hard work. If money is an issue, thrift shopping to find what’s needed at a cheaper price is an option. It requires time and energy many people would rather put into something else, but for those who do it, it’s a passion and it can become a lifetime hobby.

Make a fashion statement

What was old is new again



Photo submitted by: T. Robinson



Photo by: P. Byrd

The choker and ankle boots are old trends that are now new fads. “Ankle boots are really trendy and will probably stay in fashion for a long time,” said junior **Davina Sims**. “I don’t think chokers will stay trendy.”

Payton Byrd
Staff writer

Fads fluctuate with time, but current trends seem to be a myriad of the past decades with a modern twist. Styles of clothing such as high-waisted jeans from the fifties, flowing peasant shirts from the sixties, and “grungy” flannels from the nineties have made a comeback. The combination of styles this year is a force to be reckoned with.

Styles such as crop tops, chokers, and colored hair have hit an all-time high on the “Trend-Meter.” While crop tops were once deemed trashy, teen fashion icon Kendall Jenner and many other style icons have proven otherwise. If worn correctly (and for the appropriate occasion), a crop top can actually be quite classy.

Just as crop tops were once frowned upon, chokers and vivacious hair colors were once met with condescending groans. They were reserved for the “punks” or rebels. Now, everyday adults like teach-

ers and nurses have colored hair and wear chokers. These trends are now considered high-fashion in many circles rather than tacky.

Another trend that has hit new heights is the ankle boot. A simple ankle boot can dress up nearly any outfit. They come in many different shapes and colors. It is not hard to find a shoe to perfect your ensemble. Varieties of styles exist in the shoe itself: round toe, square toe, pointed toe, stiletto-type heel, thick heel, no heel, pleather, suede, leather, and every color of the rainbow. Everyone is bound to find one to go with every outfit in their wardrobe. It is an on-trend essential.

Combined styles have also become huge. Styleista’s might pair a peasant crop top with a choker or high-waisted tribal pants with vintage-styled lilac colored hair. Trends are merging and changing by the minute. Only time will tell what Spring 2016 style icons will bring to the forefront.

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Cartoons are not just for kids

Animated shows are targeting teens and adults

Becca Hardiman
Copy Editor

Our generation has grown up with cartoons: *Avatar: The Last Airbender*, *Kim Possible*, *Danny Phantom*, *Teen Titans*, *Static Shock*, and many others. All of these shows include strong characters, diverse ways of life, and gave us high expectations for animated television and movies. For many teens, these films and shows have left lasting impacts.

We tend to fantasize that the shows of our childhood can never be matched, but new programs such as *Gravity Falls*, *Steven Universe*, *Adventure Time with Finn and Jake*, and *The Legend of Korra* are proving that cartoons are not just for kids.

These diverse shows have complex and sometimes intense storylines. The writers and animators of these shows are aiming not only to draw in a younger audience, but also teens and young adults by adding more mature storylines.

"A lot of cartoons right now are trying to imitate other ones too much," said senior Casey Sentar, "which I think is leading to a heavy shift toward certain animation styles, but occasionally there

will be a show, like *Gravity Falls*, that breaks from the mainstream in storytelling and comedic styling, which leads to people becoming engrossed with the show and very involved in fan communities."

Gravity Falls, created by Alex Hirsch and shown on Disney XD, is a show that involves mystery and adventure, deals with family issues and mental issues, and still manages to remain fun and humorous. It's not the only cartoon on right now that teens are invested in though.

"*Steven Universe* is such a new kind of show that has what is not normally seen, such as female heroes, and it does not abide to normal kid show standards with some of the content being very mature, such as characters dealing with depression or anxiety," said senior Mackenzie Tomlin. "*Adventure Time* is a very cute show too, and each episode is something different. There are so many loveable and relatable characters. Each one is so developed in their own way, and they change with time. For example, the main character Finn actually ages. He has voice shifts and learns about relationships along the series



Cartoons are targeting teens more than ever before. "I watch a variety of different anime (Japanese cartoons) such as *Fullmetal Alchemist*, *Black Butler*, and *Fairy Tail*," said junior Kayla Wheeler.

which makes him relatable to the audience."

Both *Steven Universe* and *Adventure Time* are shown on Cartoon Network. Rebecca Sugar, who is the creator of *Steven Universe*, also worked on *Adventure Time* before she went off on her own and became the first female creator to have her own show on the channel.

It can certainly be said that cartoons are not just for kids anymore. Some shows like *The Simpsons* and *Family Guy* even target adult audiences. With the advances in computer animation it is not unlikely that we will see more and more animated TV shows for children, teens, and adults alike popping up in the near future.

Restaurant Review

Sweet Art Cupcake



Photo by: Sweet Art Cupcake



Chantel Young
Sports Editor

All I can say is wow! Located at 1485 General Booth Blvd, this bakery is as good as it gets when looking for something sweet. First off, the staff is wonderful! They are very friendly and hospitable as soon as you walk through the door. It's a common courtesy for most businesses, but surprisingly, it doesn't happen at all establishments. The interior is relaxed, full of soul and simple. It feels like you're in your home away from home, full of bright, warm colors. The cupcakes are \$2.75 each (moderately priced). This place even has cheese cakes and cake pops!

I really liked the presentation of the Cupcakes. They were wrapped in little pink boxes with the bakery's information card on top. These were by far the best cupcakes I've ever had. So many delicious flavor combinations and every single one done beautifully. I had the chocolate-chocolate cupcake and it was spectacular.

I'm a fan and will definitely return!

Violent video games

Are they dangerous?

John Engleman
Staff writer

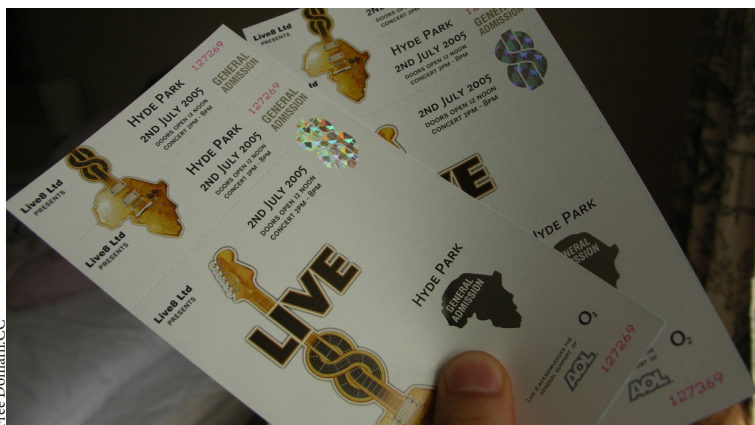
Violent video games are constantly being blamed for or connected to school shootings and violence in kids. In my opinion, this is absolutely misguided thinking. I have played games for a long time and I have never even thought of harming people.

There is also a lot of misconception about people's in-game behavior. People usually see gamers as immature kids screaming at their TV's. Not all gamers are young kids getting mad and threatening to do obscene things to other people online. Yes, there can be a dark side to video games, but it is the choice of the gamer to take part in interactions like that.

I believe that there is a certain audience of players who should be kept from overly suggestive violent games such as people who are mentally unstable, young kids, and people with history of violent behavior. I think that people who are violent are going to be violent with or without video games and vice versa.

Rock Music ≠ evil

Rockers get an unwarranted bad rap



Senior Nathan Woods thinks that rock musicians are misjudged. "Rock music only has a bad reputation because people are too quick to assume. They see how rock stars dress and misinterpret the lyrics," said Woods. "People don't take the time to see the deeper meaning."

Kevin Campbell
Staff writer

Some people, many of older generations, say that rock and roll is evil or even refer to it as "Satan's Music." They say that the lyrics have subliminal messages that get into young kid's heads and trick them into doing bad things. For example, rumor says that when the song "Stairway to Heaven" by Led Zeppelin is played backwards it sounds like "Here's to my sweet Satan."

All of this is merely superstition. Don't get me wrong, there most likely are rock bands that do promote evil, but the vast majority of them do not. Rock is actually a pure form of music. Most rock songs are about relationships and heartbreaks. Others are about war and politics.

Another stereotype people have about "metal heads" is that they are a rude and disrespectful group of people. This is also false. Most rock musicians and fans alike are actually very nice people. Rock

musicians can be very soulful and down-to-earth. There are tons of rock bands that have done good for their communities. One example is the heavy metal band Five Finger Death Punch. They regularly play free shows for the army in the Middle East. Also, in 2014, they made a music video for their song "Wrong Side of Heaven." The video is for soldiers and veterans that suffer from PTSD. At the end of the video, it lists many different sites to donate to help those soldiers suffering. Another example is the nu-metal band Linkin Park. They created their own charity benefit in 2005 called Music for Relief. The charity is to support those who have suffered from natural disasters. The program has raised over \$5 million dollars to date.

People should give rock music a second chance. If naysayers paid more attention to the lyrics and the behavior of the bands they might realize rockers are not evil. They are talented musicians.

What is private anymore?

The government is watching



Christopher Cabral
Staff writer

Lately, there has been huge debate over privacy. What and who is the government watching and why? The government monitors us by our devices, phones, anything we use for communication can be monitored by the government.

We know more than ever about government surveillance because of Edward Snowden, a former government contractor who, in 2013, copied and released classified information from the National Security Agency. The U.S. Department of Justice pressed charges on Snowden for violating the espionage act and for the theft of the government's property. Snowden is currently living in Russia.

Technically, nothing we do on an electronic device is guaranteed to be private including: talking to people on the phone, texting, sending pictures or videos. I per-

sonally don't like the idea that the government has been storing and monitoring my interactions, but there is a legitimate reason why the government has been doing this and it's to prevent terrorist attacks and other large scale acts of violence.

On June 2, Congress approved the USA Freedom Act, which maintains some, and changes other elements of the Patriot Act. The new act does give Americans more privacy than under the Patriot Act which expired on June 1.

Regardless of whether you agree with the Freedom Act or not, it is important that you understand your privacy rights. The government can still collect cell phone data, but they will not be using the "bulk collection" techniques that were allowed under the Patriot Act. They can also still request information about your activities from companies like Google and Facebook.

Salem's Senior Spotlight

The SunDevil Times asked guidance to print a random list of seniors for a senior spotlight. The following five were randomly drawn. Here is what they had to say about their time at Salem and their plans for the future:

Kiersten Quick
Op/Ed Editor

Cameron Butts



Photos by: K. Quick

"My favorite high school memory was making the tackle on 4th and 2nd against Kellam to save us in the game and the look on Coach Jackson's face seeing how happy he was to have his 100th win at Salem.

After High School, I want to go to college and get master's degree majoring in Criminal Justice. I'm hoping to become an FBI agent.

I'm not at all nervous about leaving high school because my parents have been preparing me for this for a long time. I'm most excited about being able to see how it is to be an adult and live on my own."

Alanna Ramquist



"My favorite memory of high school is when we hosted the VHSL Leaders Conference in 2014. It was amazing to connect with student leaders from all over the state and it made me really proud to go to Salem. I am planning on going to college and studying theatre and French. I am not entirely sure where my life will take me after that, but I am going to continue trying for whatever goals I set for myself in the future. I am not nervous so much as I am excited! The real world is a little scary, but ultimately life keeps moving after high school and I am ready for it."

Kara Ross

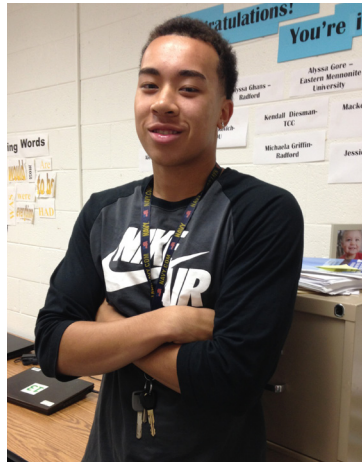


"My favorite memory was when I was able to join the field hockey team and being on the SCA. Being involved has helped me come out of my shell because I was really shy before.

I would like to go to college in state. I want to major in psychology because I want to work in human resource and training, maybe as a human resource specialist.

I'm not as afraid of going into the real world, because I want to get out of the house. I'm ready to be more independent and discover new things. I'm most excited about having my freedom and taking care of myself."

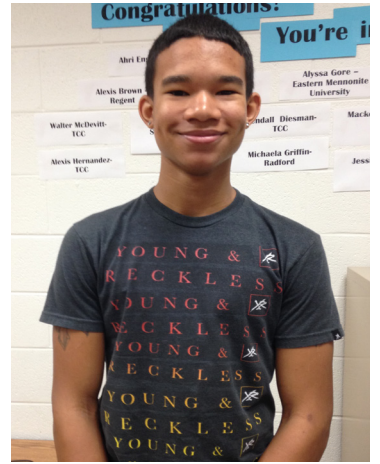
Delmarcus Talley



"My favorite memory from high school was going to the district baseball championship district conference. Leadership workshop was another great memory because I met so many new people and I learned skills that I can use in life and baseball.

I have plans to go to school in Virginia to be a sports medicine physician. I'm want to help athletes get back to 100%. I am nervous about going to into the real world, because I don't feel like I'm ready right now. Everything is going really fast. I may not be ready to go out on my own, but I will be when I find myself."

Tyler Watson-Jones



"My favorite memory in high school was being the quarterback for our football team, because I was able to be a leader on the team and compete against other schools with some of my closest friends. Getting into NHS was a major accomplishment for me because it showed me that all my hard work paid off.

After high school, I plan on becoming a mechanical engineer for the Air Force. I am nervous about going into the real world, because I don't know what's going to happen and I'm not going to have my parents there to keep me on track and guide me."

Unity in the Community

We're ahead of the curve when it comes to supporting LGBT students

Shaelyn Schneider
Photo Editor

According to a Pew Search Organization poll, the percentage of people who support the LGBT (Lesbian Gay Bisexual Transgender) community has risen 67% in the past 10 years.

Public schools have also started acknowledging the LGBT community. A survey of students showed that our community believes we are generally more accepting than many other local and national public schools.

"There's definitely more people here who are accepting of LGBT people and their identities than places I've been in the past," said **senior Calvin Doss**.

Freshman Qui Tran-Castro agrees.

"It's definitely a progressive place and really accepting of all students," said **Tran-Castro**.

Of course, not everyone is supportive. Bullying can be a serious problem for LGBT students.

"I've never seen 'typical' bullying, here," said **Doss**, who added how great that is because we do have numerous LGBT students.

Our research concluded Salem is quite accepting. Having a Gay Straight Alliance and other programs affiliated with the LGBT community puts us ahead of the curve.

Highlighting The Academy: Theater and Vocal

The Visual and Performing Arts Academy offers opportunities students won't find elsewhere Behind the scenes of the show Letting their voices be heard



Senior Anitamae Quintin puts stage makeup on **junior Jelani Bell** in the dressing room before a performance. In the background, is **senior Kylea McCarel** working on her makeup. Behind the scenes work is just as important to a show as what happens on-stage.

Taeghen Robinson
Staff writer

VPAA Theatre is much more than just memorizing lines. Theater Academy students work hard inside and outside of school to hone their skills.

Roles for plays are assigned to the students in Acting I. However, in all the other cases, students must audition for a role and the director makes the casting decisions, which means all students have to work hard to earn spots.

"A major force behind what our students learn was beautifully articulated by the American theatre director, Anne Bogart, when she said, 'You cannot hide; your growth as an artist is not separate from your growth as a human being: it is all visible,'" said **theatre teacher Mrs. Christa Vogt**. "As our students learn more about acting, they intrinsically learn more about themselves, human communication and interaction."

In order to graduate from the VPAA Theatre Strand, students are required to take all Academy Theatre classes, including Acting I: Foundations, Acting II: Techniques, Acting III: Scene Study, Acting IV: Senior Production, Global Perspectives, Technical Theatre, Musical Theatre: Acting Lab, Direction and Production, and Senior Seminar.

The Academy students have two main performances a year: one in the fall and one in the spring. In addition to those, they have the Fringe Festival in the spring which showcases the work of Acting I, II, and III, and finally, they have the Academy Children's Theatre Company which goes on tour in the spring.

"The theatre stand provides another way to look at life," said **junior Mariah Stokes**. "Being part of the academy has helped to shape me as a person and taught me to respect others."



During **B3 Choral Ensemble**, Vocal Strand students practice their lyrics with **Mr. Don Krudop**. Some of the vocal strand students showed off their talents during the Winter Showcase the Tuesday before Winter Break.

Missy Bolton
Staff writer

Vocal Strand singers must practice day in and day out to perfect their vocal capability. Students have to take Academy Chorus classes; such as, Chorale Ensemble, Cantae, Vox Condordia, and Vox Harmonia. They also have to take Comprehensive Musicanship one and two, and class piano one or two.

"Most people think that singing is easy and anyone can do it," said **Vocal Strand Teacher Don Krudop**. "They should understand that while singing is easy, singing well is some of the hardest work you might do."

Singers learn the correct way to breathe and physically hold their breath to carry out a note while also learning to work as a team and build strong bonds.

Classes start with a discussion of special announcements, then they work through site-singing,

breathing, and vocal warm-ups. After the warm-ups, they begin rehearsals. Sometimes the singers rehearse in small groups and other times it is as an entire class. The rehearsals do not stop until the singers appear as though the notes roll off their tongues effortlessly despite the difficult and time consuming nature of each individual piece and performance.

Singers in the academy have practice and performance opportunities non-Academy students wouldn't dream of. They learn to be responsible and mature as well.

"Some of the performances are invitations, like when we sang for President Obama," said **Krudop**.

The two major scheduled performances each year include one in December and another in May, but students are provided with many other chances to perform for various audiences throughout the year.

Living Vegan

Ashton Brown chooses to go meat free



Photo submitted by: A. Brown

Sophomore Ashton Brown chooses to live a vegan lifestyle.

Amaya Herold
Staff writer

Sophomore, Ashton Brown lives a vegan lifestyle.

"I feel that meat should not be mass produced. It should be a rare delicacy," said **Brown**.

Brown also believes that vegan and vegetarian diets are healthier.

"Meat is a preference that has been taken for granted," said **Brown**. "As a vegan, I can say that I definitely feel much healthier than when I was omnivorous."

According to *The Vegetarian Times*, 3.2% of Americans are

vegetarian and 0.5% are vegan.

"I became a vegan after seeing the benefits. Also, I feel strongly about the Earth and the health of the environment," said **Brown**.

Choosing a diet is a very personal decision. While vegetarianism or veganism are ideal for some, others benefit from eating meat. Before making any dietary changes it is important to understand nutrition. For those interested in the vegetarian lifestyle check out *The Vegetarian Times Magazine* website for more information.

Home is where the heart is

Students born outside the US share their stories

Sarah Farkas
Staff writer

Steven Kyle Tamse



Photos by: S. Farkas

Where were you brought up?

I was raised in the Philippines for twelve years.

Was the school much different from here?

Yes. We wore a uniform, there weren't computers or tablets and there weren't enough books for everyone.

What language do you speak at home?

English. My stepmom is American, so I have to. But I can still speak Tagalog.

Do you read and watch TV in Tagalog or English?

I used to watch a Tagalog TV show called MMK when I got here, but not anymore.

Was it hard making the transition?

Yes. It's hard to leave your friends and family behind. But learning English was the hardest part.

How long did it take you to learn English?

About two years. I had English as a subject in my country. It's not really my best subject though. It's still hard for me to speak proper English.

Are you in any clubs?

FACS. They help me with my problems.

Do you like it better here or there?

Here, because I get to have a good future. It might get lonely, but it's going to be fine.

Cecilia Marie Ramos de Leon



How long has your family been here?

I moved here from Puerto Rico with my mom two months ago. My brother and father stayed behind. I'm living with my aunt and uncle right now.

Do you like it here?

I like it, other than the fact that I don't understand much. I still have some difficulties with English.

Do you have anyone to help you?

Yes, my uncle helps me with my homework when I don't understand something and I do an ESL program during the day.

Do you do any activities?

I play basketball. I was on my school's team in Puerto Rico too. I love playing basketball!

What sports are popular there?

We mostly played soccer and basketball.

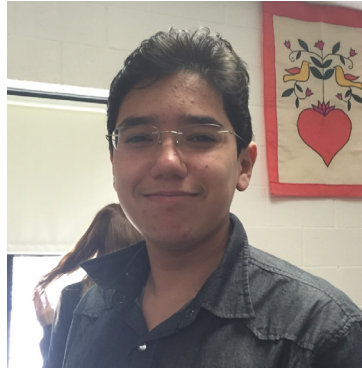
Were the schools different?

Yes. The teachers and students here act very different. The school is much larger and colder than there. The lunches are different too. We didn't eat much pizza in Puerto Rico. The technology is a bit different. We didn't get to use computers much at my old school.

Do you miss it there?

Yes, I mostly miss being able to understand everybody, but here I have friends and teachers that help me.

Ismael Gil



Where are you from?

I was born in Morocco, but I've lived here for 13 years.

Do you remember much about Morocco?

Only fragments of memories, mostly about my grandma. She was my caretaker while my parents were here trying to find jobs.

Why did you move here?

My dad came for the navy and my mom came a few years later.

What language do you speak at home?

I used to speak Spanish, but when I first got here, I only spoke English at home to learn it. My parents also speak French, Spanish, and Arabic.

Have you studied any other languages?

I studied French for three years and Spanish for one. I liked studying Spanish. I loved the culture and holidays like Day of the Dead. My family celebrates that.

Do you celebrate typical Moroccan holidays?

My family celebrates Christian and Muslim holidays. There are mostly Muslims in Morocco, but my parents aren't very religious.

Do you know anything about the schools there?

Only what my mom told me. First to tenth grade, they stay at the same school, then in eleventh and twelfth they go to a place similar to college.

Then & Now

Former students return as teachers

Kiersten Quick
Entertainment Editor

Salem is known for having a diverse and welcoming group of students. Some of the students enjoy the energy so much that they decide to come back to teach.

Ms. Heather Hardwood



Salem Student 1995-1998

Chemistry Teacher

Senior quote: "Always seize the moment and live with no regrets."

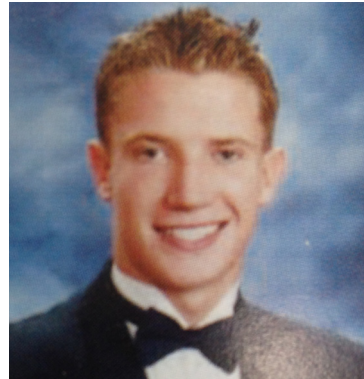
"My years at Salem were very hectic. The first three years I was here, the schedule included seven classes a day. As a senior, Salem was an experimental school that ran an eight bell day. It was essentially like having a "C" day EVERYDAY!! Eight classes of homework, eight teachers, no

breaks. Add in the clubs and sports I was involved in and I was regularly exhausted.

Salem Crossing was built my junior year, which is also when I got my license. I often left school after early release and went to Chick-fil-A, just like Salem kids do today. But when I was a freshman and sophomore that entire shopping center was an open field! I was involved as a Gymnastic Manager (with Mrs. Bowes as the Coach!), Boys Varsity Soccer Manager, year book staff my junior and senior year, SCA, as well as NHS.

My favorite memory of being a student at Salem was being in Ms. Livas's art class- which was in what is now the ROTC room. Mrs. Liva retired from Salem about eight years ago, so I got to work with her as a colleague years after being her student. As a math and science minded person, I was terrible at art. But, Mrs. Livas's class was always fun. It was full of diverse students and engaging. It was a breath of fresh air in the middle of a hectic eight block day."

Mr. Jared Boone



Salem Student 1999-2003

Art Teacher

Senior quote: "The saddest thing is a wasted talent."
- *A Bronx Tale*

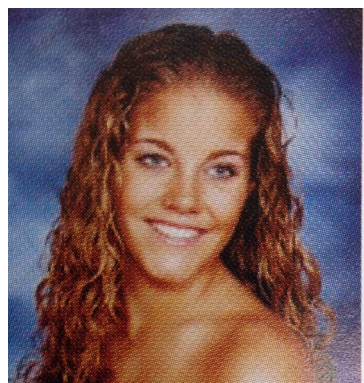
"When I went to Salem it was crowded, exciting and full of creative spirit. The hallways and commons were much more 'lively.' After all, cell phones weren't 'a thing' yet, so students actually spoke to each other. Because of this, relationships formed, conflicts were had, and the school's diverse population had an excit-

ing and dynamic culture. I was involved with Varsity and JV Basketball, Volleyball, and Cross Country.

I loved the discussions we had in Honors English, discussing current events with Mr. C.E Johnson Jr. in Government, playing basketball in weightlifting and of course, making art in the studio with Mrs. Hoffer. I am still very close with many of my high school friends from Salem.

I am proud to be a Sundevil, even though I don't know what a Sundevil actually is. Is a Looney Tunes character? A Mayan warlord? Some dude in a red morph suit?"

Ms. Erin Thurman



Salem Student 1999-2003

History Teacher

Senior quote: "Life is like a beautiful melody, only the lyrics are all messed up."
-Anonymous

"When I went to Salem it was very much the same as now. The teachers were all very supportive and the student body was very involved and enthusiastic about academics, student activities, and athletics.

I was a member of the Varsity Girls' Soccer Team all four years of high school. I was also involved in DECA my junior and senior years.

My favorite memories involved student activities and athletics including: homecoming games, senior cruise, ring dance, attending athletic events in support of the school, and all of the games I played for Salem throughout my four years.

What to play in the WINTER

What cold weather sport do you most enjoy?



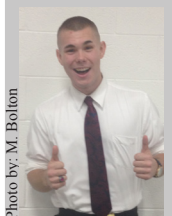
"Gymnastics because it's elegant and shows what girls can do."
- junior Alyssa Hartwell



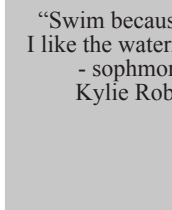
"My favorite winter sport is basketball. Everyone gets so hype when cheering!"
- sophomore Brittany Smith



"Swimming because it seems natural."
- freshman Celina Rose



"Swim, because it's completely different from every sport. It's harder to hold your breath than you may think."
- senior Johnathan Ketchum



"Swim because I like the water."
- sophomore Kylie Robb



"My favorite winter sport is basketball, because it's live!"
- senior Malcolm Windom



"My favorite winter sport is wrestling. It is a sport that will make or break you and push you to the limit."
- freshman Nadia Bass



"Swim because it is awesome."
- senior Zyiel Jarrett



"I like competitive swimming. It's an exceptional workout."
- senior Jacob Wilson

Joining the big leagues

Sophomore Jonathan Norfleet makes varsity basketball team

Shaelyn Schneider
Photo Editor

Freshman and sophomore athletes generally enter sports teams on the junior varsity (JV) level. There are certainly benefits to starting out on JV. According to the Wisconsin Sports Network, varsity players generally get less playing time than JV players. More time on the court, field, or mat allows JV athletes the hands on experience they need to increase their skill level. On rare occasions, underclassmen jump right into the big leagues, the varsity team.

Sophomore Jonathan Norfleet finds himself in this exact situation. He wears jersey number two for the varsity basketball

team. He actually played varsity as a freshman as well.

"I was confident that I was going to make the team this year because I was on it last year," said **Norfleet**.

As an underclassman athlete on the varsity team, there can be pressure to prove that he has the skills, but he takes it in stride.

"Most of the time I don't feel like I have to prove myself just because I'm a younger player because of the skill level I'm at," said **Norfleet**.

Being on varsity requires long hours of practice on and off the court. **Norfleet** feels like he "works as hard as the upperclassmen," but not necessarily harder just because he's younger.



Sophomore Jonathan Norfleet has control of the ball during a game against First Colonial. He is a varsity starter as a sophomore and even plays multiple positions on the court.

Norfleet doesn't just sit around and let his skills disappear during the off season.

"I practice every day just for fun in the off season--except on Sundays," said **Norfleet**.

Nontraditional Sports gain popularity

Being active doesn't require a league or uniform

Kevin Campbell
Staff writer

Across the country, thousands of teens like to play traditional sports like football, basketball, soccer, baseball, and tennis, but non-traditional sports are gaining momentum. Nontraditional sports like handball, whiffle ball, rock-climbing, hacky sack, kickball, and dodge ball are increasing in popularity.

"Playing dodge ball is just such a rush," said **senior Justin Russell**. "I just love the competition and the fast-paced, high-octane action of the game!"

More and more nontraditional sports are forming leagues and associations, but more often than not people participate in non-traditional sports for sheer enjoyment, just to grab some friends, form teams, and play. Some non-traditional sports such as

dodge ball and kickball are popular in high school gym classes. Others are played in neighborhood parks or other public recreational areas. Even teens and young adults who do not consider themselves athletes often enjoy playing nontraditional sports like four square or capture the flag.

"I personally like playing kickball," said **junior Scott Gordon**. "I love the shot of adrenaline that the game gives you."

Even sports that not many people have heard of, like disc golf are gaining popularity.

"I like to play disc golf," said **sophomore Zachary Dilliner**. "It's not very action packed or fast-paced, but it's calm, relaxing and can be quite challenging."

Whether it be traditional or non-traditional, there's a sport out there for everyone. So gather some friends and get active.



After school on January 6, freshman Nicolas Farkas took some time to skate in his neighborhood. The previous several days had been below freezing so he took advantage of a warmer day to get outside. "I like skateboarding because it gives me a sense of freedom" said **Farkas**.

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Staying active in winter

Yasmine Kane
Staff Writer

Staying active can be difficult during the winter season. The holidays, parties, heavy foods and snow can make you want to hibernate, but exercising doesn't always mean leaving the house. Even a quick work out at home can get the blood pumping and you never even need to go outside. Stay warm and active with these winter workout ideas.

At home winter workout ideas:

- Run the stairs
- Do squats while you brush your teeth
- Try an aerobics video
- Yoga
- Do sit ups and push ups while watching TV
- Walk around while talking on the phone

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